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HEADLINES

Combat Logistics Battalion-3

FROM THE CO

Dear family and friends,

Greetings from Afghanistan! The Battalion has settled in to life here on Camp Dwyer and has already started supporting units throughout the area of operations. The days are long, but the Marines and Sailors remain motivated and eager to get the mission done. I know that things back at Kaneohe Bay have also been busy since our departure and that this high operational tempo will likely continue until our return in the late spring.

Tickets for the CLB-3 FGE Marine Corps birthday ball are already on sale and I encourage you all to attend. The event will be on 7 November at the Hilton Hawaiian Village Hotel in Honolulu. Further details are available from the Family Readiness Officer.

In a few weeks, we will publish our next deployed newsletter with stories and photos from life here in Afghanistan. I am proud of the work the Marines and Sailors have done here so far and the work



they continue to do back on Oahu. Thank you all for your continued support for the battalion.

Semper Fidelis!
LtCol Hank Lutz

FROM THE SERGEANT MAJOR

Aloha from Camp Dwyer, Afghanistan,

We have arrived and are anxiously awaiting the Transfer of Authority ceremony which will occur within a few days. In the meanwhile, we are keeping ourselves very busy with learning the terrain routes, daily operating procedures and safety expectations.

We have been in contact with our Force Generation Element (remain behind folks in Hawaii) and they have exciting news about this year's CLB 3 FGE Marine Corps Birthday ball. The plans for our celebration are getting finalized and the evening sounds entertaining and exciting. For those of our deployed family members that are still questioning whether they should attend, please consider this as an opportunity to enjoy and fellowship with the rest

of our Ohana. We encourage your attendance and look forward to the great pictures that will be taken that evening.

I'd like to remind our families that we are approaching the holiday season. Safety is paramount and I hope that you would please consider helping each other deal with the stressors of this season. Simple acts of kindness are easy to accomplish and the payoff is tenfold. That said, this is just my way of reminding you that YOU are this battalions most valuable asset. Please take care of each other.

The Marines and Sailors of our battalion are doing great things for our country. As always, I am still very proud to be their Sergeant Major and look forward to sharing more stories and updates



with you very soon. Mahalo for your faithful support for this battalion.

Sergeant Major Angela Maness

Military OneSource

Whether its help with child care, personal finances, emotional support during deployments, relocation information, or resources needed for special circumstances, Military OneSource is there for you... 24/7/365! Online or by phone, Military OneSource is fast, confidential, and easy to use, and there is no cost to the service-member!



*Follow the battalion's deployment on Facebook!!
Come visit us at Combat Logistics Battalion 3!!*



FRO Office: (808) 257-2514
(C) (808) 347-5710

Dep FRO: (808) 257-2023
(C) (808) 366-9644

IMPORTANT PHONE NUMBERS

| | |
|----------------------------|----------------|
| CLB-3 Officer of the Day: | (808) 257-1600 |
| Red Cross: | (808) 257-8848 |
| Child Protective Services: | (808) 832-5300 |
| Domestic Violence Hotline: | (808) 531-3771 |
| Federal Fire Department: | (808) 471-7117 |
| PMO KBay: | (808) 257-9111 |
| Branch medical clinic: | (808) 257-3365 |
| Housing Office KBay: | (808) 257-1257 |
| Bus Schedules: | (808) 848-5555 |

READINESS AND DEPLOYMENT SUPPORT**Kids-N-Deployment**

Kids-N-Deployment provides a structured setting to help children positively and successfully cope during deployment. Puppets Sam, Chris and Mr. Worry help children work through their concerns about deployment. Two concurrent sections of the workshop will be offered: Workshop for Kids and Parents Helping Kids.

Kids "In the Midst" Workshop
Kids In the Midst Workshop is an interactive workshop consisting of four venues. These four venues are

designed to give children F.E.E.T. Fun, Education, and Exciting Tools that help kind ages 4 - 18 years old with military life. Help Your Kids get on their F.E.E.T.

Kids-N-Reunion

This workshop helps prepare kids for the return of the deployed military member. Puppets Sam, Chris and Mr. Worry return to ease children's fear about homecoming. Concurrent workshops will be offered for kids and for parents. Learn ways to make homecoming fun for the entire family. For more information on these

upcoming workshops, please contact Readiness and Deployment Support Trainers:

Readiness and Deployment Support Trainers:
808-257-2658 or 808-257-2650

**FROM THE FAMILY READINESS OFFICER**

Aloha Family,

I hope that all is well since the departure of our warriors. I know that we prepared well, but the unexpected happens. Remember that we stand ready to help in any way that we can.

I just returned from Okinawa, Japan attending III MEF Family Readiness Conference. It was well worth the trip. There are some new things coming in the way of supporting our families. Headquarters, Marine Corps number one priority is ensuring that the way we communicate with each other is safe and secure. There will be changes to the way we update the Mass Communication Tool and a new social network will soon be released. The Family Readiness Program is proving to be a big hit with all of those who were sworn into, born into or married into the Marine Corps.

The holidays are rapidly coming upon us and we will soon be planning for a couple events to help us through them. We will need your help and participation in making them enjoyable. Keep in mind that we are looking forward to you attending the Marine Corps Ball and celebrating our Marines and Sailors accomplishments.

I suggest to you, if you are bored and have a little time on your hands consider volunteering with your friendly Family Readiness Officer.

Warmest regards,

Jerome Morris

CHAPLAIN'S CORNER

I walked around the parking lot the other day as our Marines and Sailors from CLB-3 got ready to deploy to Afghanistan. As I visited with various couples, I observed countless family members in tears as they said goodbye to their loved ones. Some just held each other knowing it would be their last embrace for months. I even saw one man, as the buses were about to pull away, come running up with a bouquet of flowers and one last kiss for his wife—great job and thanks for raising the bar for the rest of us. No matter how you say goodbye, it is still goodbye, a task that never comes easy and is never welcomed—unless maybe it was the in-laws on that 2 week island visit. As I left and went back to my office, the experience made

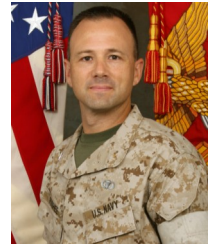
me think of the story of the Prodigal Son found in Luke 15. In this story, a father says goodbye to one of his sons. The son's life does not turn out as expected and after a long time he returns home. He had been gone for so long that his father considered him lost and did not expect him to return. But as the story continues it says, "While the son was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him."

Many of you can relate to this story. You feel you have just lost a very big part of you and now feel alone. My hope in sharing this story with you is that you will not focus on the "goodbye" but on the "hello." Because even though I know how hard it is to "say goodbye," I also know the power

of saying "hello." I can already see the signs, flowers, tears, kisses and long embraces when you see them again. So, if you find yourself feeling alone and sad, just remember, the best part of "SAYING GOODBYE" is "SAYING HELLO."

God Bless

Chaplain Gary Foshee



Office: (808) 257-1565

"Weeping may remain for a night, but rejoicing comes in the morning."

Psalm 30:5b

CREDO

*Enhancing Readiness ·
Transforming Lives
Optimizing Leadership Potential*

CREDO is the Chaplain's Religious Enrichment Development Operation, a service of the United States Navy Chaplain Corps. This retreat ministry is funded by the Chief of Naval Operations and sponsored by the Navy Chief of Chaplains.

CREDO offers Personal Growth Retreats and Marital Enrichment Retreats. With the most beautiful oceanfront locations on Oahu,

CREDO offers participants a place to relax and get away from the stresses of everyday life.

CREDO weekends are available to all active duty, military spouses, Reservists, Retirees, and DoD civilian em-

ployees, and their dependents.

To register for a retreat, please call 808-257-1919 during regular office hours.

Kaneohe Bay
Phone: 808-257-1919
Monday-Friday, 0800-1630





Staci Holt

L.I.N.K.S. Trainer

**257-2368 or
staci.holt@usmc.mil**

***Wear RED on Fridays!! Show
your support!!!***



**R.E.D.
Remember Everyone
Deployed**



L.I.N.K.S.

Beyond the Brief "Stress Busters"

MCFTB hosts a series of classes for spouse and family members of deployed Marines and Sailors. On 21st September, 1800-1930 we will host a fun Stress Busters class.

MCFTB Conference Room, Building 244. Please RSVP to Caron Ferguson, 257-2658 or Jayme Alexander, 257-2650. See attached flyer. LifeSkills sessions are targeted specifically to help Marines and their families successfully meet the challenges of everyday life, the mobile military lifestyle, and heightened operational/deployment tempo by targeting three main areas of Marine families: Family Life, Individual En-

hancement, and Leadership Development. Contact Jocelyn Pratt, LifeSkills Trainer at 808.257.2653 or Jocelyn.pratt@usmc.mil to register for any or all of these Upcoming LifeSkills Classes:

September 11, 0900-1300
"Communicating with Senses"

September 16, 0900-1200
"All in the Way you Say it! Framing and Tone"

September 17, 0830-1630
"7 Habits of Highly Effective Military Families"

September 22, 0900-1300
"Visual Communication: Dress the Part"



LINKS for Spouses

The next LINKS for spouse class will be held September 21 and 22 at MCFTB from 1700-2100. Please contact the LINKS Trainer Staci Holt to register for the class: 257-2368 staci.holt@usmc.mil

PROMOTIONS AND AWARDS

HAWAII

To LCPL

Matthew J. German
Cynthia N. Velasquez
Kanoa Z. Young

To CPL

Jordan L. Dellicker

FORWARD

TO LCPL

Christopher N. Conklin
Brandon M. Finical
James W. McCollough
Cody R. Meeker
Steven Oneal Jr.

To CPL

Bradley A. Anderson
Joseph D. Avery
Michael D. Bender
Joshua A. Collins
Erin E. Goodbread
Benford K. Henry III
Eric P. Hilchey
Jonathan C. Kamer
Michael J. Koch

Justin I. Little
Sara K. McGaffee
Jordan P. Oineza
Rudy J. Rodriguez II
Tyler J. Volesky

TO SGT

Richard M. Bell
Joshua A. Cuellar

TO SSGT

John P. Bishop
Brandon K. Cooper
Freddy U. Velez

OPSEC AND SOCIAL NETWORKING SITES

SOCIAL NETWORKING SITES (SNS), like Facebook® and Twitter®, are software applications that connect people and information in spontaneous, interactive ways. While SNS can be useful and fun, they can provide adversaries, such as terrorists, spies and criminals, with critical information needed to harm you or disrupt your mission. Practicing Operations Security (OPSEC) will help you to recognize your critical information and protect it from an adversary. Here are a few safety tips to get you started.

SAFETY CHECKLIST

Personal Information

Do you:

- Keep sensitive, work-related information OFF your profile?
- Keep your plans, schedules and location data to yourself?
- Protect the names and information of coworkers, friends, and family members?
- Tell friends to be careful when posting photos and information about you and your family?

Posted Data

Before posting, did you:

- Check all photos for indicators in the background or reflective surfaces?
- Check filenames and file tags for sensitive data (your name, organization or other details)?

Passwords

Are they:

- Unique from your other online passwords?
- Sufficiently hard to guess?
- Adequately protected (not shared or given away)?

Settings and Privacy

Did you:

- Carefully look for and set all your privacy and security options?
- Determine both your profile and search visibility?
- Sort “friends” into groups and networks, and set access permissions accordingly?
- Verify through other channels that a “friend” request was actually from your friend?
- Add “untrusted” people to the group with the lowest permissions and accesses?

Security

Remember to:

- Keep your anti-virus software updated.
- Beware of links, downloads, and attachments just as you would in e-mails.
- Beware of “apps” or plugins, which are often written by unknown third parties who might use them to access your data and friends.
- Look for HTTPS and the lock icon that indicate active transmission security before logging in or entering sensitive data (especially when using wi-fi hotspots).

THINK BEFORE YOU POST! Remember, your information could become public at any time due to hacking, configuration errors, social engineering or the business practice of selling or sharing user data. For more information, visit the Interagency OPSEC Support Staff’s website.

Think. Protect. OPSEC.
www.ioss.gov





MotoMail Instructions



MotoMail is a fast, easy, free way for the families and friends of deployed Marines and sailors to send letters to their loved ones in Iraq. These 'one-way' letters are downloaded, printed, and ready for delivery, usually within 24 hours.

MotoMail is endorsed by Marine Corps Community Services, and unlike e-mail, can be taken anywhere and read and reread.

To participate in the program, follow the instructions below.

1. Go to the MotoMail website at www.motomail.us/login.cfm.

2. Click on the **New MotoMail Account** box.

3. Enter the security verification code in the first box, as it appears on your screen.

4. Enter your email address in the second box.

Note: If you do not have an email account, click on the **Create Yahoo Email** box at the bottom of the screen.

5. Click on **Continue to Next Step** box.

6. Read the Terms/Disclaimer, and if you agree to the terms and conditions of use of MotoMail, click on the **Accept** box.

7. Select *your* country of residence, select *Marine Corps*, and click on **Continue**.

8. Fill in the form provided with *your* (the sender's) information, to include a password for your MotoMail account, then click on **Continue**.

9. Highlight the deployed address of the Marine or Sailor you would like to send MotoMail, and click on **Continue**.

10. Fill in the information on the Marine or Sailor you would like to send MotoMail, and click on **Continue**.

11. A Welcome Note is provided for your information and reference. Once you delete the Welcome Note, you will be brought to your address book where you will be able to see the Marine or Sailor's name that you entered earlier.

12. From your address book you can compose letters, add addresses, and begin sending MotoMail.

Kaneohe Bay's Teen Center Calendar, October 2010

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|--|--|--------------|
| Teen Center School Hours: Monday, Tuesday, Thursday: 2:15pm-7:00pm 2010) Wednesday: 12:30pm – 7:00pm Friday: 2:15pm – 8:00pm Saturday & Sunday: CLOSED Phone Number: 254-7643 | | | | | | |
| Phone Number: 254-7643 Note: During Fall Break (October 4 – October 8, that our Teen Center hours will be adjusted. | | | | | | |
| 3 Closed | 4 Fall Break Week Late Night @ Manana 3:30pm – 9:30pm | 5 Ice Palace Cost: \$8.00 Time 10:00am - 4:00pm | 6 Pill Box Hike & Swimming at Kailua Beach Time: 8:30am – 3:00pm | 7 Pearl Ridge Mall & Movie Trip Time: 9:00am – 4:30pm Cost: \$7.00 | 8 Paiko Algae Commu- nity Service Project – mud weeds Time: 7:30am – 2:30pm | 9 Closed |
| 10 Closed | 11 Columbus Day Teen Center is closed. | 12 Ping Pong Tourna- ment @ 4:45pm | 13 Semper Fit – dodge ball or wally ball Time: 2:00 – 3:30pm | 14 Staff Challenge Day: Pick a staff and chal- lenge them in the game of your choice. | 15 Haunted House field trip (tentative) for teens 14 -17 Cost: TBA | 16 Closed |
| 17 Closed | 18 Mini Golf Challenge @ 4:00pm | 19 Paint props for (Willy Wonka Theme) haunted house Torch Club @ 5:00pm | 20 MCBH Base Pool Field Trip 2:00 -4:30pm Trunk or treat deco- ration | 21 Decorate for harvest Fest – Willy Wonka haunted house Movie Night: Kill- ers | 22 Harvest Festival 4:00-6:30pm | 23 Closed |
| 24 Closed | 25 X Factor Games – Do you dare to be grossed out? – 5:00pm | 26 Pumpkin Pie in a bag @ 5:00pm | 27 Pumpkin Carving & Halloween Movie Showing: Ghost- busters II Starts at 4:00pm | 28 Decorating for Hal- loween Dance Torch/Keystone Meeting | 29 Halloween Dance Information will be posted soon! For ages 10-14 | 30 Closed |

October 2010

MOMS Club® of Kaneohe, Hawai'i

Prospective Members are welcome to attend two events; prior to becoming a member.
 (please RSVP Angela : mckaneohepresident@yahoo.com).

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|----------------|---|--|--|--|---|-----|
| SEP 26 | SEP 27 | SEP 28 | SEP 29 | SEP 30 | 1 | 2 |
| | Recipe Club At Angela's 10am | Beach Day 10am at Kailua Beach | Field Trip to Mokapu'u Point Lighthouse - 9am | Park Day 9-11am Super Playground All Ages Playgroup 3- 4pm Super Playground | Free Day | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | Park Day Super Playground 9-11am | Coupon Swap Along with Coffee Talk at Angela's 9:30 - 11am | Lunch Bunch 11pm at California Pizza Kitchen in Kailua RSVP to email above by 10/5 | All Ages Playgroup 3 - 4pm Super Playground Older kids bring Scooters with helmets | Field Trip/CLUB PHOTO - Waimea Falls - RSVP to email above by 10/7 11am - 3pm | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | Field Trip - Aloun Farms joint venture with Mom's Club Leeward. 9am - 1pm | Park Day 9-11am Super Playground | Beach Day 10am Pyramid Rock Beach - Sandcastles! | All Ages Playgroup 3 - 4 pm Super Playground Older kids bring Scooters with helmets | Preschool Playgroup (ages 3-5) at Angela's 1- 2pm Counting FUN!! | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | Coffee Talk 9:30-11am at Angela's Bring Box Tops too if you have them! | MNO 6:30pm - 8pm Starbuck's in Kailua Please RSVP with Angela by the 18th | BOOK SWAP!! Monthly Club Meeting at Waikulu Community Center 9am - 11am | All Ages Playgroup 3 - 4 pm Super Playground Older kids bring Scooters and helmets | Preschool Playgroup (ages 3-5) at Angela's 1-2pm Singing Alphabet | |
| 24/31 | 25 | 26 | 27 | 28 | 29 | 30 |
| / HALLOWEEN | Kailua Beach - Susan's House. 11am - 1pm. Bring your lunch and we picnic on the beach. | Book Club! 9 - 11am at Angela's | Park Day 9-11am Super Playground | All Ages Playgroup 3 - 4 pm Super Playground Older kids bring Scooters and helmets | Preschool Playgroup (ages 3-5) at Angela's 1-2pm Write Your Name! | |

The activities listed allow ALL children to be present; with the exception of Mom's Night Out!
Please ensure you watch your children at events to promote a safe experience! Mahalo!



Find us on Facebook

ELKBAZ405637

Unclassified

Facebook | Combat Logistics Battalion 3 - Microsoft Internet Explorer provided by NMCI

http://www.facebook.com/notes.php?id=105146889525954¬es_tab=app_2347471856#/pages/Kaneohe-HI/Combat-Logistics-Battalion-3/105146889525954?v=wall

opsec

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LOGISTICS BATTALION

Edit Page

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Suggest to Friends

This SNS is in direct support of the Marines, Sailors, Families, and Friends of CLB-3.

The following applies to all:
No talk of troop movements.
No talk of troop numbers.
Leadership will be respected at all times.
Violators will be deleted.

Information

Location:
PO BOX 63030
Kaneohe, HI, 96863

Insights

See All

174 Monthly Active Users
5 Daily New Likes
0 Daily Post Views
15 Daily Post Feedback

Insights are visible to page admins only.

19 Friends Like This

Combat Logistics Battalion 3 SUPPORT YOUR COMMUNITY! On Saturday, October 2nd, the 2nd Annual Making Strides Against Breast Cancer (MSABC) event at Richardson Field. The event educates and promotes breast cancer awareness. 300 volunteers are needed; shifts begin as early as 4am (event starts at 8am) and ends around 11am. Contact Kim (kim.ildefons...@cancer.org) at 432-9154 or TSgt Jeff Wurn (Jeffrey.Wurn@Hickam.af.mil) at 449-8679. 42 minutes ago clear

Wall Info Photos Discussions Boxes Notes >> +

What's on your mind?

Video

Attach:



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Combat Logistics Battalion 3 + Others Combat Logistics Battalion 3 Just Others

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Combat Logistics Battalion 3 SUPPORT YOUR COMMUNITY! On Saturday, October 2nd, the 2nd Annual Making Strides Against Breast Cancer (MSABC) event at Richardson Field. The event educates and promotes breast cancer awareness. 300 volunteers are needed; shifts begin as early as 4am (event starts at 8am) and ends around 11am. Contact Kim (kim.ildefons...@cancer.org) at 432-9154 or TSgt Jeff Wurn (Jeffrey.Wurn@Hickam.af.mil) at 449-8679. 42 minutes ago · Comment · Like · Promote



Combat Logistics Battalion 3 Sign up now for surf lessons. \$20 includes board rental, transportation and BBQ. Call 254-7593 for more information.



Surf Lessons

Location: White Plains Beach
Time: 9:00AM Sunday, December 5th

45 minutes ago · Comment · Like · Share · Flag



Combat Logistics Battalion 3 Join the SM&SP for a hike up Oahu's most famous landmark and don't forget your camera to capture the great views at the top. Please let us know if you're coming!



Diamond Head Hike

Location: Honolulu, HI
Time: 9:00AM Saturday, October 9th

Get More Connections

Get more people to like your Page with Facebook Ads! Preview below.

Combat Logistics Battalion 3



SUPPORT YOUR COMMUNITY! On Saturday, October 2nd, the 2nd Annual Making Strides Against Breast Cancer (MSABC) event at Richardson...

Andrew McCormack likes this.

Like

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September Newslette...

9:14

HAPPY BIRTHDAY MARINES!!



Come celebrate one of the richest and beloved Marine Corps celebrations!!!

Join with family and friends to celebrate 235 years of service !!

When: Sunday November 7th, 2010 at 1700-2400

Where: Hilton Hawaiian Coral Ballrooms 4&5

Cost: \$50 per ticket for SNCO & Officers

\$40 per ticket for E-5 and below

Attire: Formal / Best dress uniform

RSVP: Gunnery Sergeant Ragle (808)257-5671